

MSC Monitor

Student Newspaper of Mat-Su College

02/28/02

Also on the web at [www.http://www.matsu.alaska.edu/mscmonitor/current_edition.htm](http://www.matsu.alaska.edu/mscmonitor/current_edition.htm)

Shelia Keyser, Editor
Mark Olson, Proof Editor

STUDENT GOVERNMENT PRESIDENCY IN JUNEAU

Tiffany Bowers, President, Elaine Bialka, Vice President, and Jackie Sexton, Secretary traveled to Juneau on February 21-26 to attend several legislative meetings discussing the legislative support for full funding for the University of Alaska. Tiffany states, "It was an interesting trip, we learned a lot about how bills are passed. We were able to do some round table discussions with a few of the legislators."

"One thing we are going to work on in student government is a legislative writing campaign. If anyone wants to get involved in that, please contact student government to get the details. Basically, we can let the legislature know what's going on in Mat-Su valley or what the community's worries are as well as for the college."

Tiffany also attended a coalition of student leaders meeting, which passed a new charter. Tiffany relays, "Now, it is up to the individual campuses to present the new charter to their student governments and vote its acceptance. If the charter is accepted, then it will become the coalition of student leader's new charter. Out of ten campuses statewide, there has to be at least seven schools that accept the new charter in order for the charter to be put through."

NEW TECHNOLOGY FEE

There are proposed technology fees awaiting final approval. These technology fees are needed to upgrade and maintenance the equipment at Mat-Su and are the same as those charged by the main campus. Below is an explanation of the fees.

In a mission to provide the latest technological equipment and software to our students the student technology fee will be used for many purposes including, but not limited to:

1. The use of the Smart carts and overhead projectors.
2. The use of the Mat-Su Website.
3. Use of the Wolflink & Wolflink for registration, add/drops, transcripts, and grades.
4. The use of college email account.
5. The use of the University dialup for Internet access from home free.
6. Technical support for hooking up the dial-up and setting up the email.
7. Technical support of teaching assistants and instructors for those walk-in questions and problems.

(Continued on page 2)

Art In the Atrium

Robert (Bob) Martinson had photographs displayed recently. The items shown were for sale. He can be contacted for size and price information.

Currently, the exhibit includes items entered in the Eggsibition—String Me Along. This year's juror is Susan Joy Share. I plan on making some pictures available on the paper website after getting artist's permission.

DOCTORS AND DISEASE IN ART AND MUSIC FORUM

Dr. Fortune is presenting a one-hour forum on March 5, at 7:00 pm in the FSM 204. The topic will be on how disease impacts graphic arts and music. His discussion will include paintings, drawings, and musical excerpts illustrating how the artist's or composer's work was influenced by his or her sickness, some of the uses of art and music in treatment, and how physicians themselves have fared in the world of art and music.

Dr. Robert Fortune is a retired Indian Health Service physician who has written extensively on the medical history of Alaska and the arctic regions and is currently a Professor of Health Sciences in Bio-medical Program (WWAMI) at UAA.

(Continued from page 1)

8. The newest computers for the computer labs and classrooms.
9. Upgrading and maintenance of existing computers, printers, scanners & Smart carts.
10. Use of scanners in the OMT Skill Center
11. Use of printers, paper, and ink for student printing of assignments.
12. The newest software for the computers on campus.
13. Maintenance of specialized computer labs (example Cad Lab)
14. Audio-video conferencing.
15. Teachers' use & maintenance of the copier machine for student material.
16. Teachers' use of video editing software and equipment for student material.
17. Teachers' use of the Internet for supplemental information for classes.
18. High-speed Internet access on campus use by students for research and personal.
19. Use of the Blackboard distance education interface.
20. Use of Blackboard in traditional classroom as a supplemental tool.
21. Online course offerings.

INSTRUCTORS ON THE GO

Gail Johnston, Assistant Professor in Mathematics, will be out of state most of the first week of March. She will be attending the NADE conference (National Association of Developmental Education) in Orlando, Florida.

The first event will be a NADE certification training institute on Wednesday March 6th on Tutor Services. Her hope is to bring the program back to the LRC. The event will focus on the dynamics of a successful learning center and the ten commandments of emotional intelligence for tutors. Attendees will be looking at the role of the Math Lab in retention and the developmental math fast track. Gail will also be attending a post conference institute on brain-based teaching: research, theory and application.

She has arranged for substitute instructors for my classes so her students should attend classes as normal. She feels it should be fun.

INSTRUCTORS WHO HAVE GRADUATED FROM MAT-SU COLLEGE AND NOW TEACH HERE

The first in hopefully many autobiographies submitted to the MSC Monitor.

I received an Associate Degree in Arts from Mat-Su College in 1985. I then started going to college at University of Alaska, Anchorage and earned a Bachelors of Elementary Education with Minors in Mathematics, Biology, and Humanities. I graduated in December, walked in June and then was offered an adjunct position here at Mat-Su College in the Math Department teaching entry level courses.

I love this work and on the side I substitute in the Public Schools and tutor home-schoolers. I have recently gone back to school to work on my Masters in Adult Education with a speciality in Counseling and Guidance.

I am about three-fourths of the way through with my basic programs and I have decided to work towards my certificate to work in the Public Schools as a counselor also.

I did not know what I was going to be when I grew up, I evolved into who I am.

I am married, have four grown children, and seven grandchildren. I have lived in Big Lake Area on a small self-supported mini farm for the last thirty-three years with seven horses, twenty plus geese, three turkeys, five domestic ducks, nine wild ducks, eighteen chickens, two guinea hens, eight dogs, four cats, and three cockatiels. I garden, collect, read, sew, weave, do stained glass, care for house plants, serve at my church, strive for peace and make every effort to help make the world a better place to live in for everyone.

I try to do my best at everything that I do.

The Instructor's name is Barbara Hulbert. Did you guess correctly??



Mat-Su Valley Relay for Life held at Colony High School Track
May 17-18, 2002
Get a team together and call Annie at 745-9127



**DAFFODIL DAYS
INFO ON PAGE 6**

DREAM TO DO IT: WALT DISNEY WORLD COLLEGE PROGRAM

A representative from the Walt Disney World College Program will be visiting our campus on Wednesday, March 13. They will be giving a presentation at 4:00 p.m. to talk about their summer paid internship program at Disney World in Florida. Following the presentation they will be interviewing students who are interested in applying for an internship. I will be putting up posters around campus and I'll put a copy of some of the promotional materials that were sent to me in the Monitor mailbox for you to review. You can also visit the website www.wdwcollegeprogram.com to find out information about the program.



FREE SMOKING CESSATION CLASS

Mondays, February 18 through April 1, 2002 from 12:00 noon - 1:00 pm in room FSM 103 and will be instructed by Ann Yaros, LCSW, CADC II
Sponsored by:HRC, Inc.

CORRECTION

In the February newspaper, there is incorrect information. One of the students nominated by P.T. for Students Who Make a Difference was listed as Yaniv. It was actually **Jody Atzman** for her work in the Math Club as tutor and mentor to students.

Lost and Found

Found: pretty chain and initial lavalier in SNOD #106. Tri-color gold.
Describe and give initial. Call 745-9727

Found on the Palmer-Wasilla highway at four corners:

American flag, tattered where it had waved free, it's edges frayed at it's extremities.
Not bent, not broken, the colors remain true. Call to identify, 745-9727.

Letter to the Editor:

The Letters to the Editor need to be submitted with a name to be printed in the paper. I can print them unnamed if I have been given the authors name. The purpose for explaining this is that there was an anonymously submitted letter to the Monitor via the blue box by the cafeteria. Thanks for your understanding in this area.

10 Steps to Manage Your Stress

Cutting back on the stress in your life may help you feel better, eat better and stick to an exercise plan, all of which can lower your risk for heart disease. But if you're too stressed to figure out how to get started, here are a few tips.

- Eat and drink sensibly.** Abusing alcohol and food may seem to reduce stress, but actually adds to it.
- Assert yourself.** You do not have to meet others' expectations or demands. It's OK to say "no." Remember, being assertive allows you to stand up for your rights and beliefs while respecting those of others.
- Stop smoking or other bad habits.** Aside from the obvious health risks of cigarettes, nicotine acts as a stimulant and brings on more stress symptoms. Give yourself the gift of dropping unhealthy habits.
- Exercise regularly.** Choose non-competitive exercise and set reasonable goals. Aerobic exercise has been shown to release endorphins (natural substances that help you feel better and maintain a positive attitude.)
- Relax every day.** Study and practice relaxation techniques. Choose from a variety of different techniques. Combine opposites -- a time for deep relaxation and a time for aerobic exercise is a sure way to protect your body from the effects of stress.
- Take responsibility.** Control what you can and leave behind what you cannot control.
- Reduce causes of stress.** Many people find life is filled with too many demands and too little time. For the most part, these demands are ones we have chosen. Effective time-management skills involve asking for help when appropriate, setting priorities, pacing yourself and taking time out for yourself.
- Examine your values and live by them.** The more your actions reflect your beliefs, the better you will feel, no matter how busy your life is. Use your values when choosing your activities.
- Set realistic goals and expectations.** It's OK, and healthy, to realize you cannot be 100 percent successful at everything at once.
- Sell yourself to yourself.** When you are feeling overwhelmed, remind yourself of what you do well. Have a healthy sense of self-esteem.

What else can I do?

There are several other methods you can use to relax or reduce stress, including:

- deep breathing exercises
- meditation
- progressive muscle relaxation
- mental imagery relaxation
- relaxation to music
- biofeedback (explained below)
- counseling, to help you recognize and release stress

Complete article is provided on the MSC Monitor website

[www.http://www.matsu.alaska.edu/mscmonitor/current_edition.htm](http://www.matsu.alaska.edu/mscmonitor/current_edition.htm)

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Article obtained from the following website address:

<http://my.webmd.com/content/article/1675.51034>

**ANYONE UNABLE TO ATTEND DR. LONG'S SLIDE SHOW
PRESENTATION AND IS INTERESTED, CAN GO TO THE
OKESON LIBRARY AND CHECK OUT A VIDEO.**

MORE NEWS, PICTURES, AND ARTICLES ARE AVAILABLE ON THE WEB

www.matsu.alaska.edu/mscmonitor.current_edition.htm

STUDENT GOVERNMENT NEWS

**NEXT STUDENT MEETING SCHEDULED FOR FRIDAY, MARCH 8 AT
12:00—2:00 IN THE STUDENT LOUNGE.**

**PROPOSED AGENDA ITEMS: BALL COMMITTEE, WALKWAY FURNITURE
COMMITTEE, RULES COMMITTEE, MONITOR BUSINESS, YEAR-END SOCIAL,
CLUB FUNDING REVISIONS**

SENATORS ARE NEEDED AND WANTED.

CLUB NEWS

Club news always welcome....as of printing time....

ART CLUB

The meeting schedule is every two weeks alternating between Wednesday/Thursday. All interested, please attend. Contact Vicki Cole at 745-9734 for more information.

MATH CLUB

The Math Club will be meeting every other Wednesday and the Math Lab is open for further study while classes are in session and while there is a Math Club member to assist.

STUDENT GOVERNMENT ELECTIONS COMING IN APRIL

**ANYONE INTERESTED IN RUNNING FOR PRESIDENT
AND VICE PRESIDENT NEED TO CONTACT STUDENT
GOVERNMENT AS SOON AS POSSIBLE TO PICK UP
AN ELECTION PACKET.**

UPCOMING STUDENT EVENTS

FORMAL SPRING BALL SET FOR SATURDAY, APRIL 6. INVITATIONS TO BE SENT IN THE MAIL TO STUDENTS, FACULTY AND STAFF.

HAWAIIAN LUAU PLANNED FOR THE LAST WEEK OF THE SEMESTER. MORE INFORMATION COMING LATER.

LOCAL MUSIC

HOBO JIM WILL BE PERFORMING SATURDAY, MARCH 9 AT SCHWABENHOF'S WITH THE SHOW TO BEGIN AT 8:00 PM. THE DINNER SPECIAL WILL BE SAUERBRATEN. ONLY 21 AND OVER ADMITTED.

PLANTING SEEDS TO PERFORM AT MEAD'S COFFEEHOUSE ON WEDNESDAY, MARCH 27 FOR AN ALL AGES SHOW. THIS IS ONE STOP IN THEIR ALASKA TOUR. ALSO PLAYING WILL BE THE ROMAN CANDLES AND TWILL.

ELVIN BISHOP WILL PERFORMING SATURDAY, MARCH 30 AT RAVEN HALL AT THE ALASKA STATE FAIRGROUNDS. SHOWS TO BEGIN 7:30 WITH THE OPENING BAND 10-CENT ZEN.

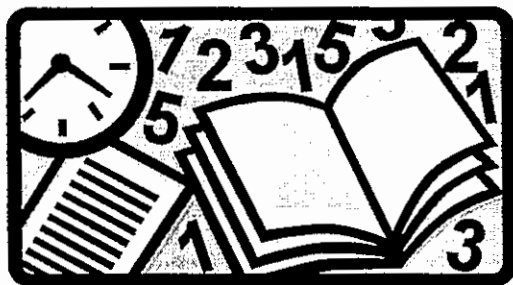
ADMISSION \$20.00. ALCOHOL WILL BE SERVED WITH ID. TICKETS AVAILABLE AT CARRS TIX AND TICKETS.COM AND 1-800-GR8-SEAT.

It's not too late !

You can still sign up for the following spring '02 classes:

Starts

First Aid/CPR	Mar. 6
Hospice Volunteer Training	Mar. 6
Grant Proposal Writing	Mar. 8
Racism	Mar. 15
Log Cabin Construction	Mar. 30
Anger Management	Mar. 30
Art of Archery	Apr. 1
Birds of Mat-Su	Apr. 5
Creating Mac Web Pages	Apr. 5
Assertiveness Training	Apr. 20



Opportunity always knocks.....
when you're in the bathroom.
general wisdom

No one can figure out your worth
but you. *Pearl Bailey*

As I am

By BethAnn Stokes

I stand,

the tallest sunflower

judged for beauty, in a row of roses.

I sung,

a perfect performance in a

wrinkled dress.

I wore,

the most ravishing white outfit

after Labor Day.

I think,

flawless rivers of words

with a dam before my tongue.

I write,

millions of marvelous thoughts

that will jumble into the most out of place,

ungrammatical phrases.

I try,

that is who I am.

EXPRESSIONS

CAFÉ

HOURS OPEN:

MONDAY-THURSDAY
FRIDAY
SATURDAY

8:00AM—8:30PM
8:00AM—2:30PM
8:00AM—1:00PM